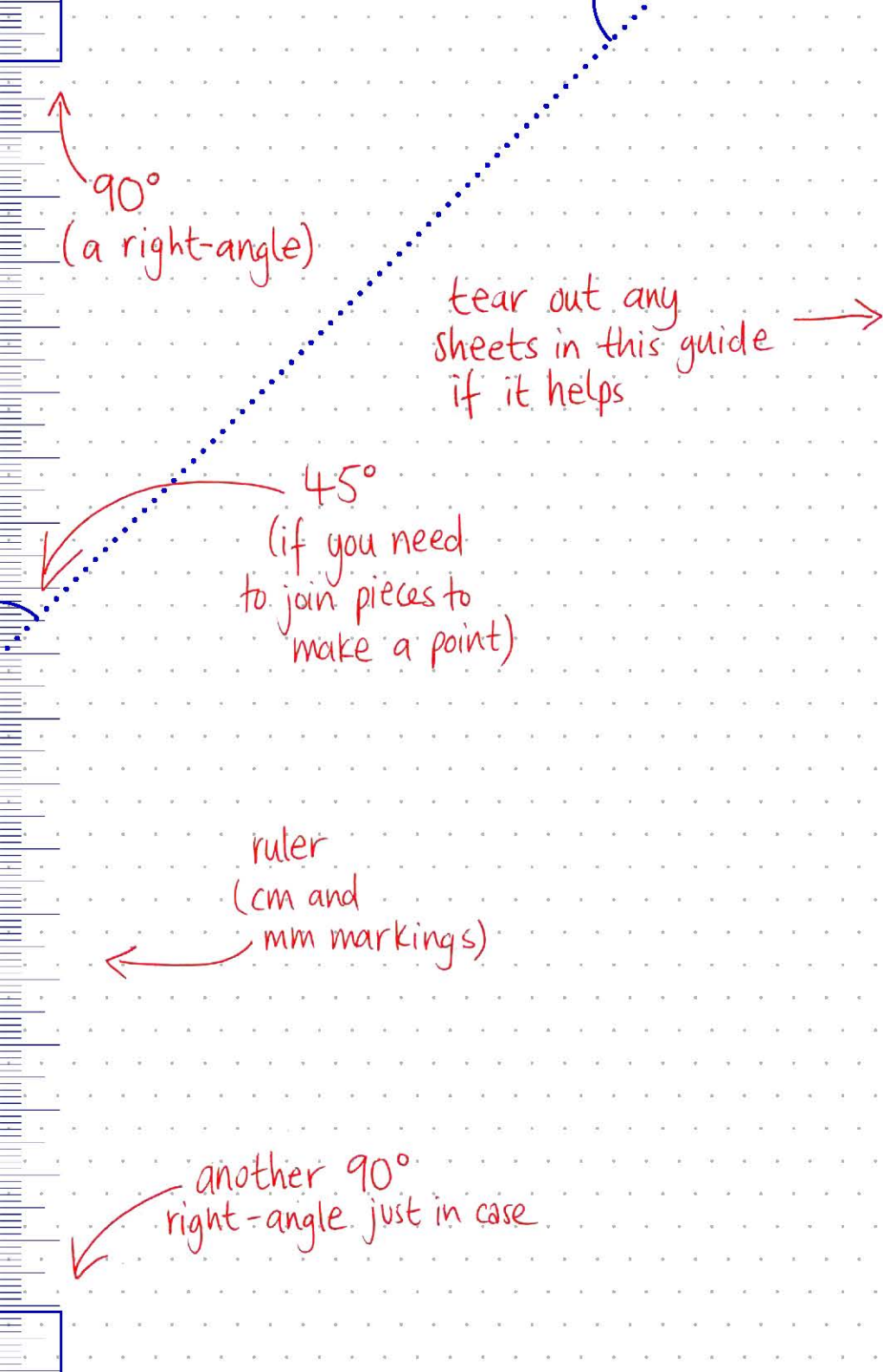




# HUNGRY for CHANGE

## D.I.Y GUIDE



## how to use this guide

This manual is a guide, a suggestion, a helping hand.

It is here to help you start your own community larder.

It is full of advice, tips and useful information to make it easy.

In this guide you can find information about:

- Choosing the right location
- Getting permission
- Designing and building your larder
- Maintaining it
- Spreading the word

Join the movement and let's fill our neighbourhoods with shared surplus food.

Together we can reduce the amount of food we waste and help those in our communities who are hungry.



## essential numbers

If you or someone you know is struggling to access adequate nutritious food, there is lots of help out there. See these organisation's websites for more detail.  
Don't go hungry

NHS 111

Citizens Advice Bureau 03444 111 444

Trussell Trust UK 01722 580 180

Eng Hunger UK 0161 872 9294

FoodCycle 020 7729 2775

British Red Cross 0808 196 3651

Your local council will have a helpline. They will be able to direct you to the right kind of support in your area. Check their website or call local directories.

## What is a community larder?

There are many kinds of community larder. In this guide, you will learn how to make the most basic kind.

They are unrefridgerated, simple cupboards in open, accessible public spaces.

They are open 24 hours a day, 7 days a week.

They help reduce food surplus.  
They help feed those that struggle to get enough to eat.

They do not require someone to open or close them.  
They do not require people to sign-up, or register to use them.  
They do not question someone's need or judge what people take.

They are used at the public's own risk.

Anyone can share their food in them.  
Anyone can take what they need from them.





Finding the right location for your community larder is essential. Take your time and look around.

## essential

- Accessible
- Public and open

## Location

The best locations are open, public places where anyone can access the larders.

The best locations have something sturdy or a permanent structure (like a wall, fence, post or tree) that the cupboard can be attached to or leaned against.

The best locations include:

- Community gardens
- Shopping centres
- Community centres
- Train stations
- Car parks
- Wide pavements
- Public seating areas



Your community larder must be accessible but also must not block or obstruct anything.

It will be removed by your local council or police if it blocks pavements, entrances, drains, electricity boxes, post boxes or roads.

This is meant to help your community not be a nuisance. It is a good idea to keep the local residents happy

Think before you build.

Getting permission is a good idea however, in very public locations like street corners, finding out who to contact can be tricky.

If you cannot find the right person to contact, do it anyway.

The worse thing that happens is that it will be removed.

date: \_\_\_\_\_

Dear \_\_\_\_\_

My name is \_\_\_\_\_ and I am currently trying to find the perfect location for a community larder. A community larder is an open, outdoor cupboard where people can share surplus food.

Anyone can share and take what they need. They help reduce food waste and feed the community, particularly helping those who are struggling to get enough to eat.

I think \_\_\_\_\_ would be a great location for a community larder. It is open and accessible and \_\_\_\_\_. There is ample space so nothing would be obstructed.

I am getting in touch today to ask whether this is something that you would be open to trying?

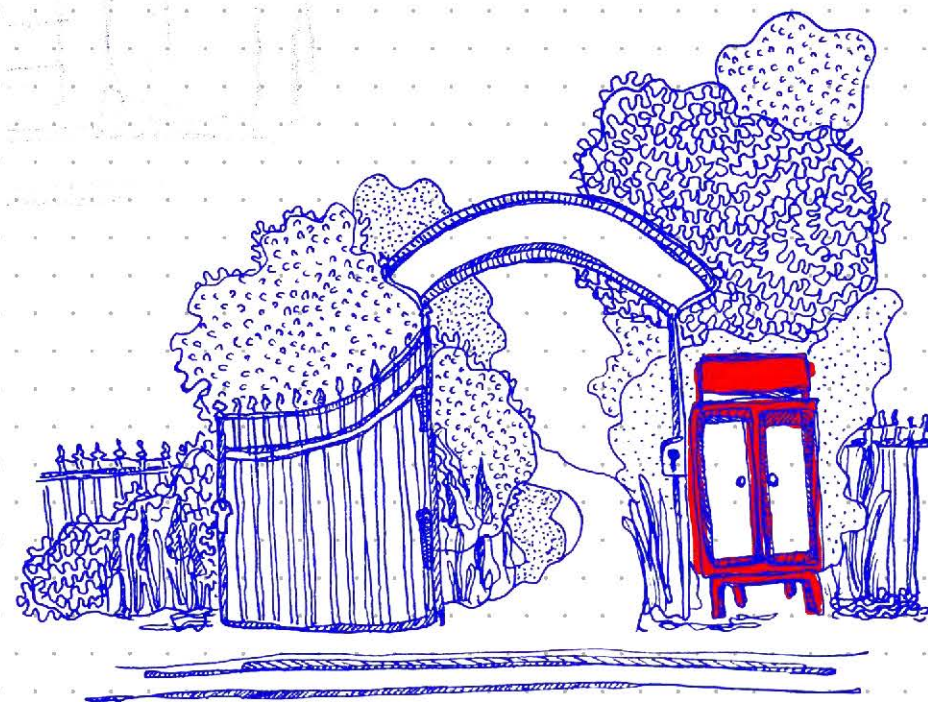
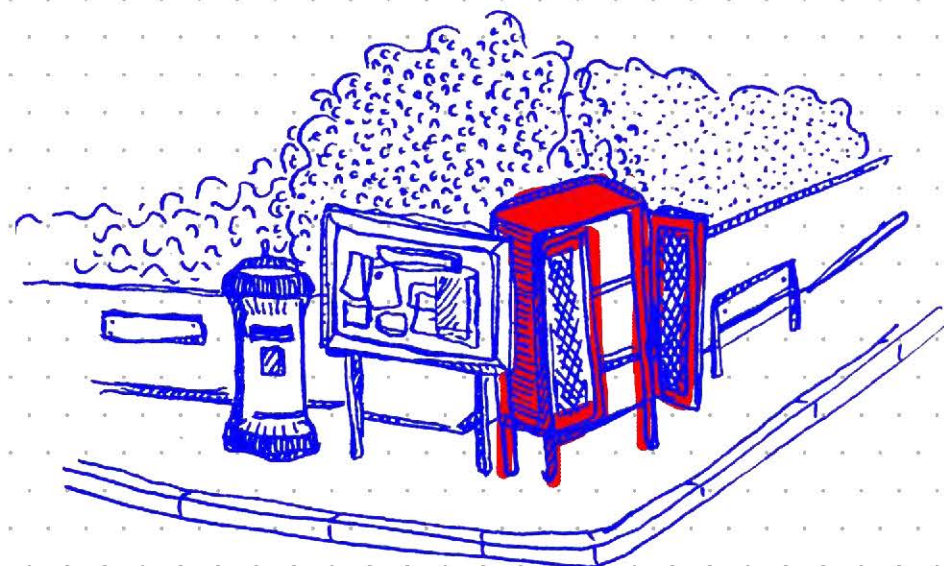
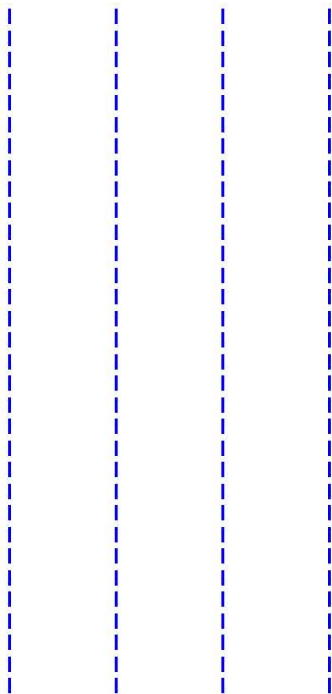
I would love to have a conversation about installing \_\_\_\_\_'s first community larder with you.

I look forward to hearing back from you,  
Have a lovely day,

\_\_\_\_\_

email: \_\_\_\_\_

number: \_\_\_\_\_

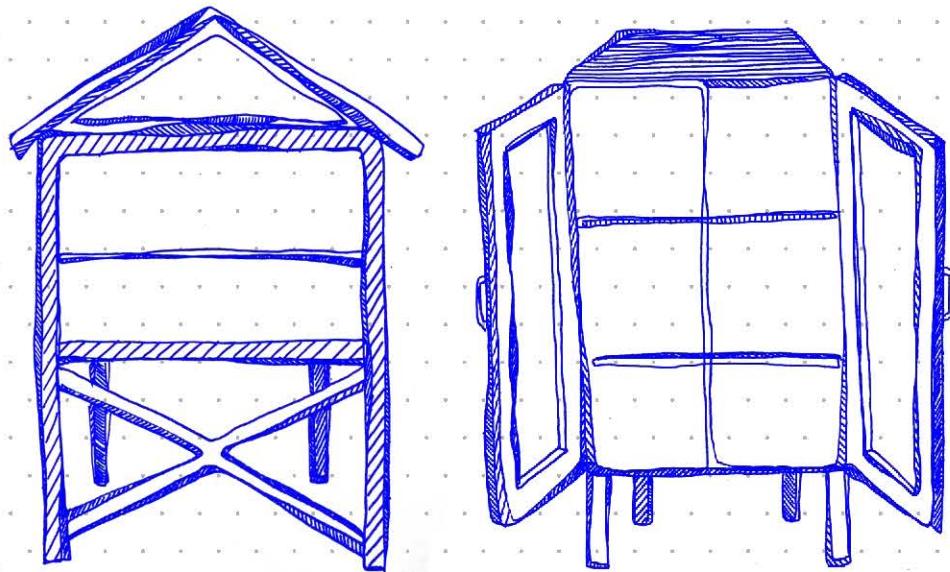
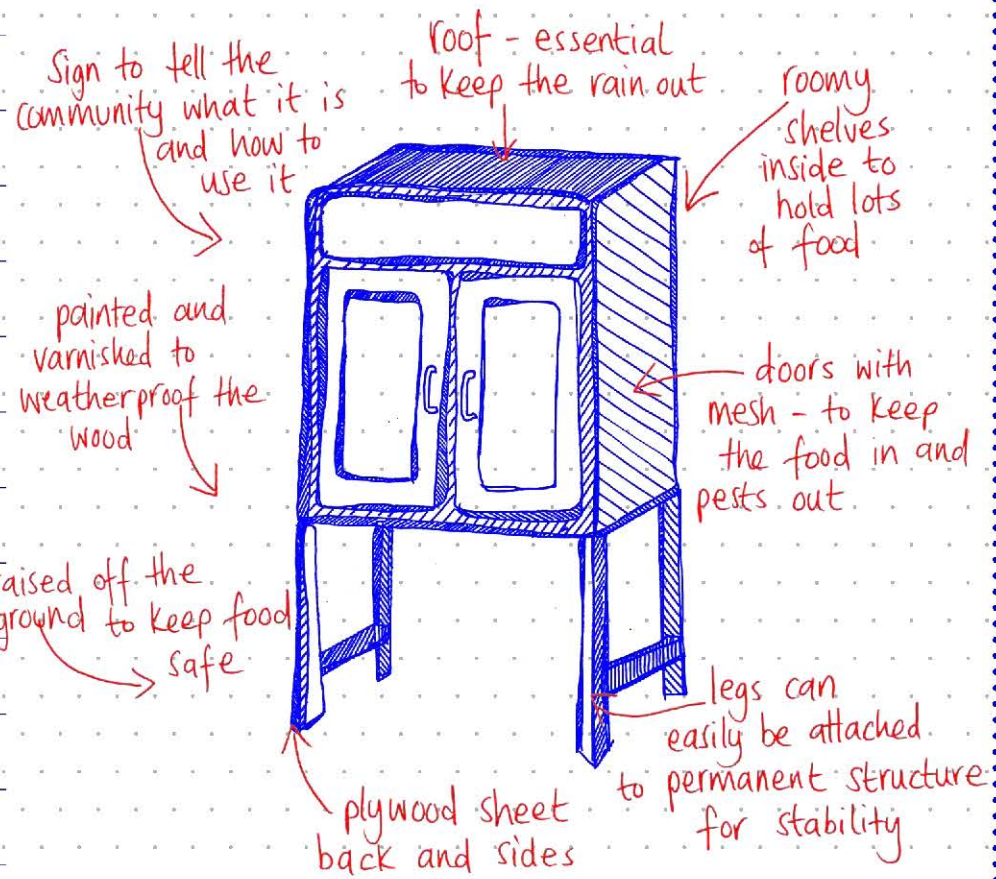




Sketch here







Once you have a location, design your community larder to work with the space you have.

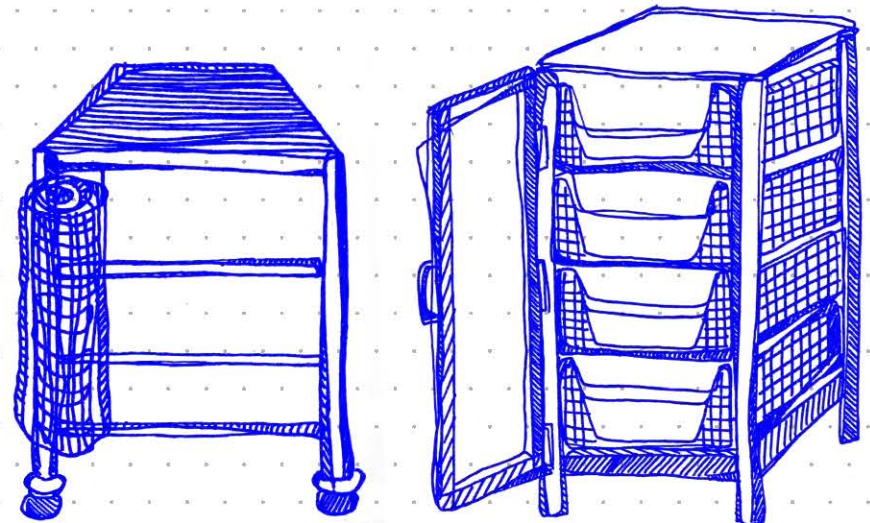
Use your imagination!

But also think about the function of your larder.

## essential

- Weatherproof
- Stable and sturdy
- Easy and safe to use - no glass, sharp edges or wobbles
- Pest proof
- Accessible

## design







The design is completely up to you however, think about how it will be used and what you are making it from. An existing shelf or cupboard is quicker and can be sturdier but be sure to weatherproof it properly.

## things to consider

A door is a good idea. It keeps food in and pests out.

The right height is key for maximum accessibility.

Too high and it will be unstable and harder for people to reach.

Too low and it will be easier for animals to get in.

Ensure to keep food minimum 40cm off the ground (double the height of this manual).

Wheels on one side can help with geurilla larders.

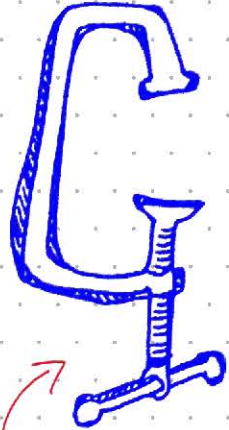
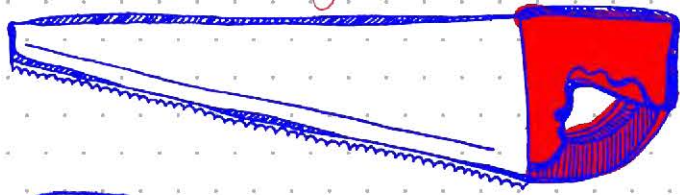
Leave space for a sign!



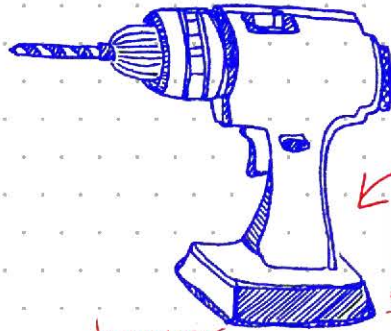
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universal saw  
↓ (great for cutting wood)

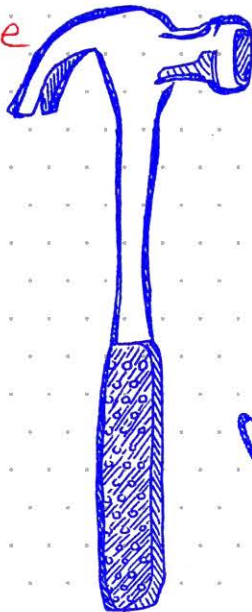


G-clamps -  
easy to use,  
holds materials in place

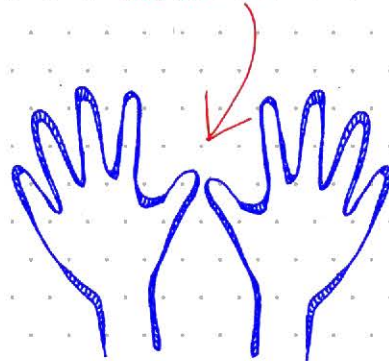


drill  
to drill holes  
and screw-in  
screws

hammer  
(for nails)



a friend -  
it is much better  
to build with  
someone



paintbrush

## essential tools

Making does not need to be difficult. Even if you have very little experience, there are lots of ways of building your community larger without the need for expensive tools or equipment.

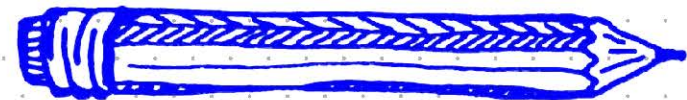
The most important thing is to build with a friend.

4 hands are better than 2

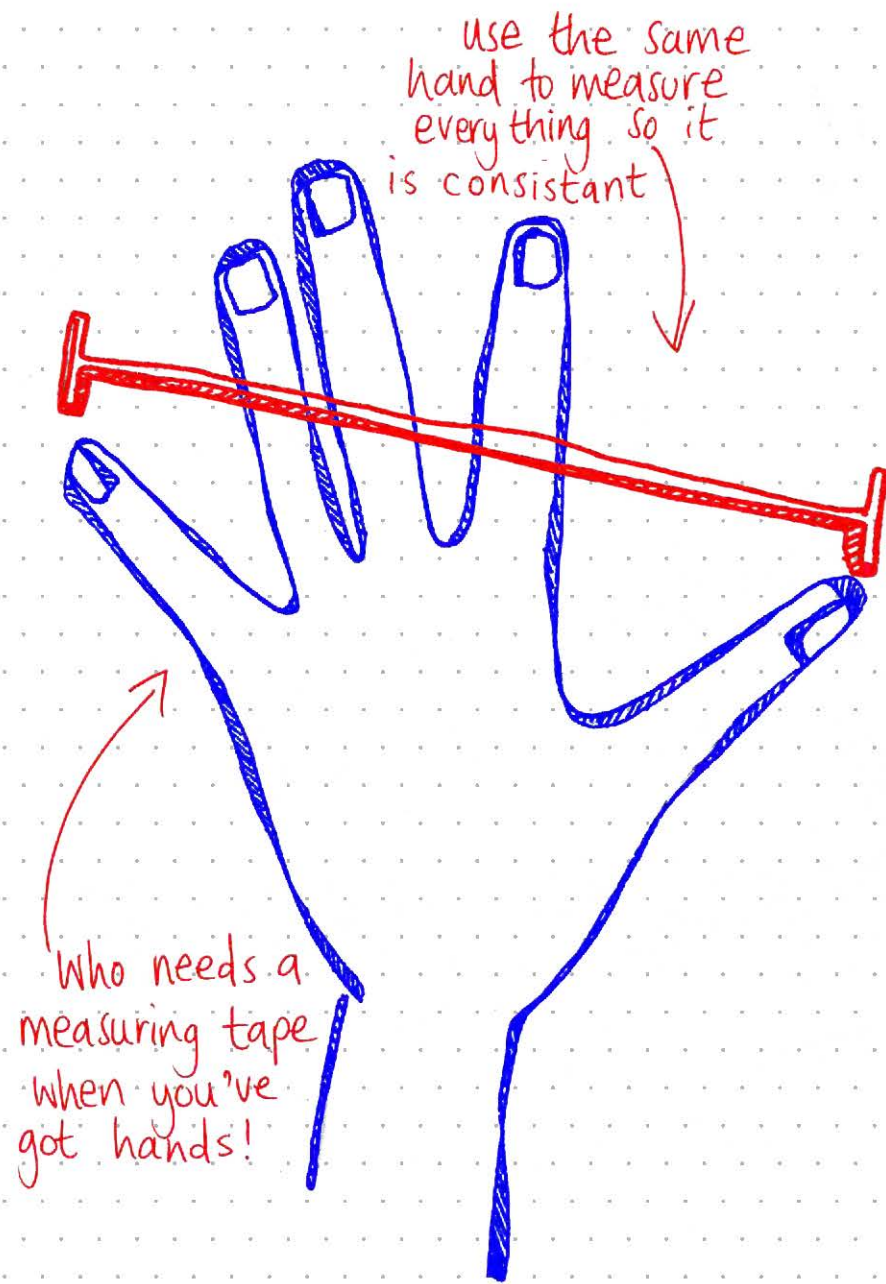
## things to consider

- Make a plan
- Take your time
- A drill makes screwing materials together quicker and easier
- A hammer and nails are simple but harder to remove
- A universal saw is great for cutting wood
- Keep your pencil sharp!

pencil







## measuring

It is essential to measure.

Measure the space you are building the larder for.

Measure your materials and mark with a sharpened pencil.

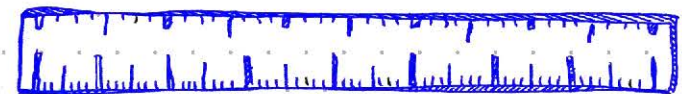
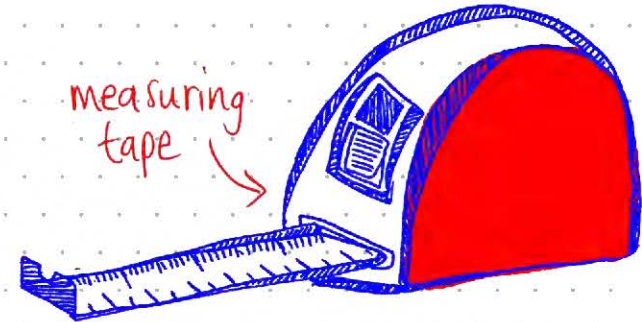
Measure twice, cut once. This way you will avoid wasting materials.

Your hands are also a geat measuring tool.

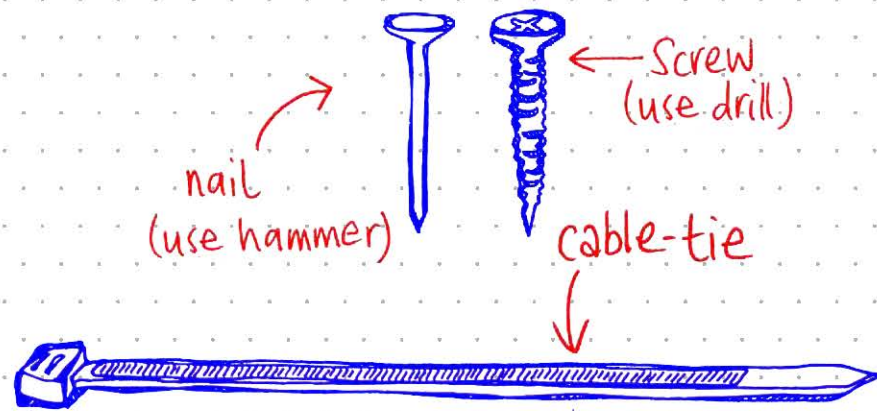
Stretch your fingers out wide and use the distance between your little finger and thumb as your measurement.

Your cupboard might be 12 hands high and 3 hands deep.

Use the same hand to mark these measurements on your materials.



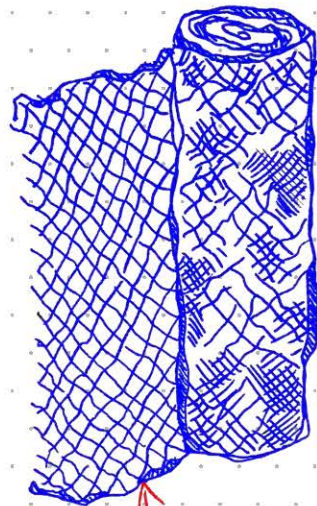
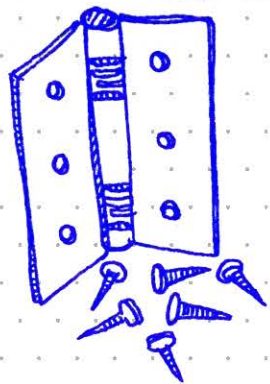




cable-tie

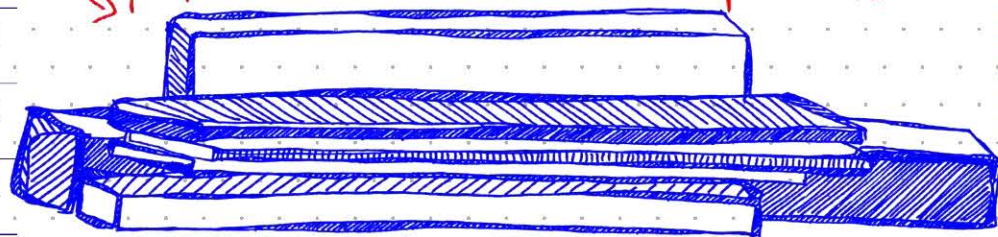


hinges  
(should come with screws)



chicken wire  
or mesh to keep  
pests out

Wood - timber, ply -  
whatever you can  
find



You also do not need expensive materials.

Wood works best-it is light weight but sturdy, easy to screw or nail together and simple to paint and varnish to make it weatherproof.

You can get materials cut to size at most hardware stores.

If using found materials, ensure to remove nails, staples or screws before using.

# materials

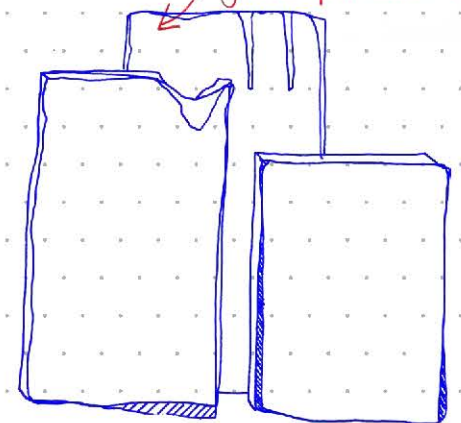
## things to consider

- Avoid pre-treated wood-it is not food-safe

paint and  
varnish



Sheet materials -  
great for shelves







## Cutting

Make a cutting list with quantities and measurements of everything you need.

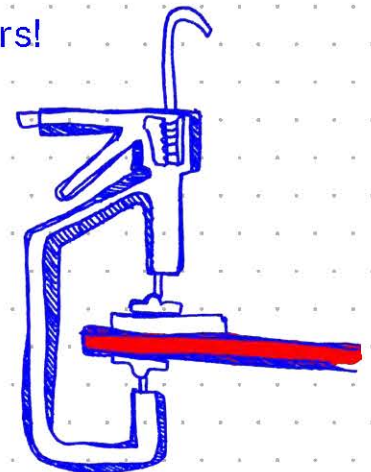
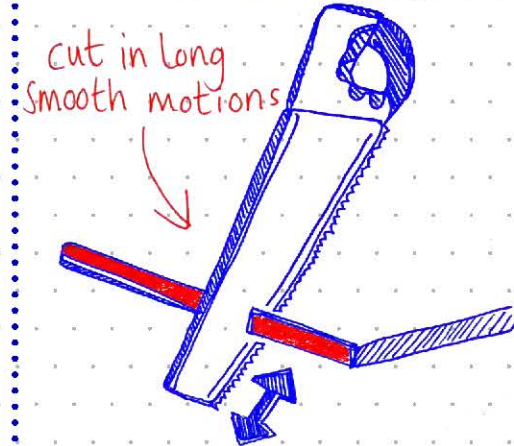
Tick off as you go.

Double check your measurements and pencil marks before you cut.

Secure any materials with clamps to a table, workbench or any solid surface or get a friend to help hold things still so they do not move as you cut them.

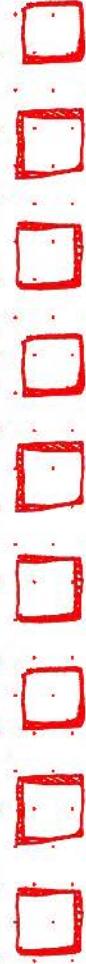
Begin by making a few short, cuts with a saw to mark the cutting line. Continue and saw in long, smooth, slow motions.

Be careful of your fingers!





# Cutting List







## Connecting

Where possible connect materials together from thinnest material into thickest material. This will be stronger.

Always choose a nail or screw that is shorter than the depth of the material.

Mark where the nail or screw is going using a sharp pencil.

Hold the nail and using the hammer tap it gently to make an indent.

Use the indent as a guide and hammer with more force straight down so the nail is at a 90 degree angle (see front cover) to the material.

Using a drill first drill a pilot hole with a drill bit smaller in diameter than the screw.

Using a drill bit to match the screw, apply even, steady pressure so the screw is at a 90 degree angle to the material.

Be careful of your fingers!





## building

Plan your build.

Think logically and turn your design into simple shapes like squares and rectangles.

Lay out everything flat on the floor before you begin to nail or screw things together.

Think practically-how far is your location from you? Do you need to assemble on sight?

You can prepare for this by marking or drilling pilot holes for every nail or screw in advance.

Think about where the shelves will be going and what food they might have on them.

Fine mesh or chicken wire works well on doors to keep pests out and maintain air flow but beware of sharp edges- ensure no one using your ladder will hurt themselves.



Sketch here





## painting

You do not have to paint your larder, but you do need to ensure it is weatherproof.

### essential

- Paint before you varnish
- Varnish the outside of your larder in exterior varnish-it will make it last longer
- If necessary, varnish the inside of your larder using interior varnish that is food safe
- Follow instructions on the tin

### things to consider

Think about the location your larder will be living in.

Do you want it to stand out or blend in? Is there anything else in the area that you could take inspiration from? What are your favourite colours?

Be bold!

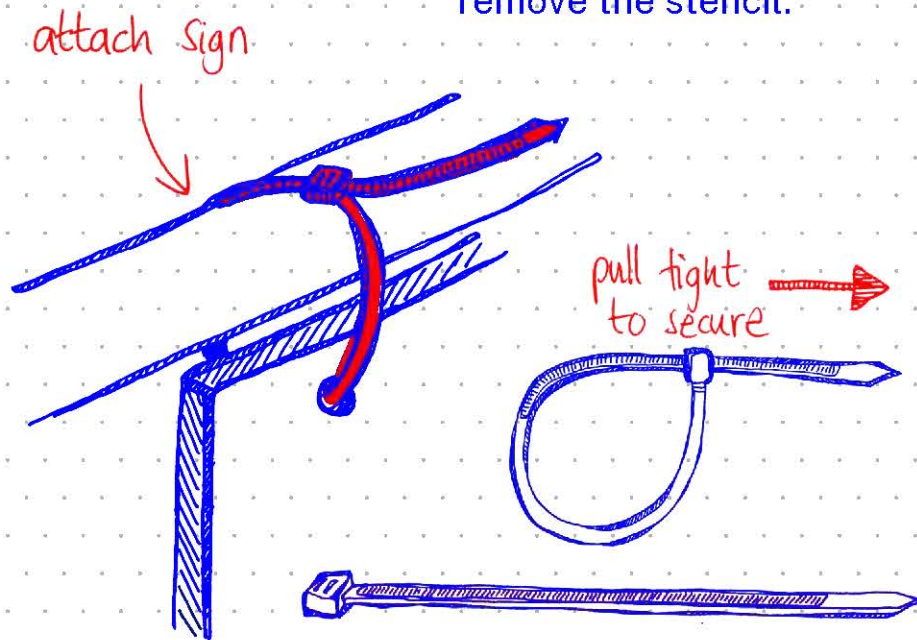


The sign should be attached to the larder, be clear, easy to read and weatherproof.

The sign can be any shape and attached in any way. Cable ties make a great alternative to nails or screws.

Drill a hole and loop the cable tie through to connect.

Use the stencils provided if you are not sure what to write. Tear out, use masking-tape to attach it to your sign and paint. Once dry remove the stencil.



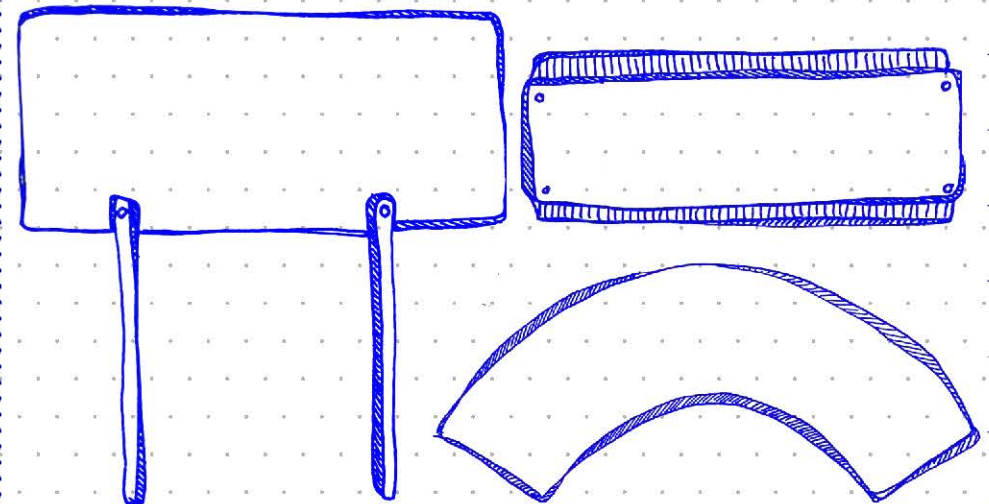
The signage on your community larder is very important.

It explains how the larder should be used and protects you in case someone gets ill from the food they take.

## essential

### Signage

- The name of your larder
- The directions of use
- All food is taken at own risk
- Rules around certain foods- as this as unrefrdigerated, it is a good idea to avoid meat, fish or dairy.





COMMUNITY  
LARDER

TAKE WHAT  
YOU NEED  
SHARE WHAT  
YOU CAN

PLEASE NO  
MEAT OR FISH



OR DAIRY  
USE AT  
YOUR OWN  
RISK





# McDermott Community Larder

---

SHARE  
WHAT YOU CAN

---

TAKE  
WHAT YOU NEED

FOOD TAKEN AT OWN RISK  
PLEASE NO MEAT/FISH/DAIRY

## maintenance + installation

Move it to its permanent location with friends.

Attach where possible to an existing structure for stability.

Use cable-ties to do this so that it can be removed.

Do not use nails or screws - you do not want to damage any private or public property.

It is a good idea to visit your larder regularly in the first few days or weeks.

The first few weeks can be slow but do not feel discouraged.

People take a while to get used to new things. Enjoy watching how it weathers and blends in more and more with its surroundings.

Vandalism may happen. By checking your larder regularly, you can fix things quickly so that the larder can continue to be used.

If vandalism keeps occurring, perhaps think of finding a new location.



# Spread the word

Congratulations! You have built your first communitiy larder!

Now it is time to spread the word.

Tell the local residents about it with flyers or on a local forum.

Let your local paper know about it.

Tell local businesses about it. Restaurants, cafes, markets and supermarkets produce huge amounts of surplus food.

By letting them know that your community larder exists, they can start using it to reduce their surplus. This will also ensure that you have a regular flow of food in the larder.

You are doing something amazing by creating a space where people can share surplus food to help feed their communities.

Why not make another!

date: \_\_\_\_\_

Dear \_\_\_\_\_

My name is \_\_\_\_\_ and I have just set up a community larder at \_\_\_\_\_.

A community larder is an open, outdoors cupboard where people can share surplus food. Anyone can share and take what they need. They help reduce food waste and feed the community, particularly helping those who are struggling to get enough to eat.

I am getting in touch today to let you know about it! It would be great for local businesses like \_\_\_\_\_ to use the community larder so that we can unite in \_\_\_\_\_ and help each other.

The larder is for anyone and everyone to use. It would be great to have your support and your surplus food.

Have a lovely day,

\_\_\_\_\_

email: \_\_\_\_\_

number: \_\_\_\_\_





Sketch here



# HELP-YOURSELF-SHELF

DONATE SURPLUS FOOD 🍏 TAKE WHAT YOU NEED  
PLEASE NO MEAT/FISH/DAIRY! LET'S SHARE OUR FOOD! 🍏  
07951363570

